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INSIDE GOLD RUSH

A year after winning the OFSSA women's tennis doubles gold for Notre Dame High School in Willand, Pelham resident Erica Pisani-Konert, 17 and a member of the Niagara Academy of Tennis, brought home a matching medal this year — but this time playing as a single.

See story, page 2A.

See Inside:

INSERTS

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ACCIDENT: Van crashes through wall of business

Lucky to be alive

KAESHA FORAND
Pelham News Staff

PELHAM — Todd Barber is lucky to be alive thanks to a distinctive sound he has heard before.

The owner of Forestgreen Creations Inc., an architectural and landscape design firm, was having a consultation with a client in the boardroom at 1423 Pelham Rd. last Friday when he heard a distinctive snap. It's a sound he heard last year when an SUV ran a stop sign and crashed into the corner of neighbouring Centre Variety.

Barber and his client got up out of their chairs just in time to watch as a beige van came crashing through the front of the office. Neither of the men, or the driver of the van were injured.

The vehicle was eastbound down Church Hill when the brakes failed and it crossed Pelham St. and crashed into the one-storey building.

"He tried to slow down going into the utility pole and instead snapped the guide wire," Barber said. "I heard the noise and I stood up. The wall with the van behind it



KAESHA FORAND Staff Photo

pushed me across the room," Barber has owned the office building for seven years, which once served as the Fonthill's post office.

Forestgreen Creations Inc. owner Todd Barber, left, examines damage to his office at 1423 Pelham Rd. A man was driving his van down Church Hill at about 3:30 p.m. Friday when his brakes failed. Nobody was injured in the crash that made Barber's building structurally unsound.

upfront

■ CANDIDATE

Durley seeks third term on council

WAYNE CAMPBELL
PelhamNEWS Staff

PELHAM – Ward 3 Coun. John Durley will seek a third term in the Oct. 25 municipal election.

"I want to see things through to the finish that we have started out doing," said the Line Ave. resident.

In particular he cited work on the reconstruction of Tiaist and Pelham St. and the completion of the recreational facilities committee report.

He is chair of the committee looking into the possible development of a community centre complex.

Durley said he would like to get to the "shovel ready" stage. When a financial opportunity arises, such as federal or provincial funding or private funding, the plan could be taken off the shelf.

On a wider scale he has served as the town's representative in revising the regional planning system.

He is on the Greater Niagara Circle Route committee, which is involved in a strategic study to turn the cycling and walking trails into a multi-user system. He would like to see it link to the Steve Bauer Trails in Pelham.

Durley has served for seven years, a three-year and then a four-year term, with a change in length of terms for municipal councillors.

"I haven't really noticed the difference, time just flies by," he said. "Four years does allow you to move things along."

Durley said he enjoys the work of a councillor especially helping people deal with small and large problems that come up in the municipality.

Durley is retired after working for Municipal Property Assessment Corporation for almost 40 years and has lived on Line Ave. for more than 35 years.

He and his wife Diane have three grown children Shelley, Brenda and John and six grandchildren.

Ward 3 covers eastern Fonthill and southern Pelham east of Centre St.

Durley is the fourth candidate to announce he is running in Pelham's municipal election. Coun. Debbie Urbanowicz and Larry Clark are seeking Ward 1 seats while Mayor Dave Augustyn has filed his nomination papers.

Deadline for nominations is Sept. 10.

■ COUNCIL: Three pieces of information sought

Town council puts Rice Rd. land sales on hold

WAYNE CAMPBELL
PelhamNEWS Staff

PELHAM – Town council will put off a decision to sell any part of 12.9 hectares (32 acres) of town-owned land at Rice Rd. and Hwy 20 until three pieces of a planning puzzle fall into place.

At a special town council meeting Tuesday, councillors accepted a recommendation not to dispose of any land: until it receives recommendations for its recreational facilities committee; until an Official Plan review for the property is complete; and until the East Fonthill Secondary Plan is approved.

The recommendation will carry the decision well into 2011.

Ward 3 Coun. John Durley said council must "do it right and don't do it over" because a decision on the use of the property will shape the next generation of development in the town.

The Hwy 20-Rice Rd. location is at an entranceway to the town. A good community centre could stimulate development in the area around it as was done in Napanee and Fisherville, Durley said.

It was important for council to pick up "on the buzz word of the moment and be shovel ready" with plans for a recreation complex when funding comes available, he said.

Ward 2 Coun. Sharon Cook said the land was purchased to service the town for the future.

"We are making a decision not for now, but for the next 50 years," she said. "The town has a mandate to meet the recreational needs of the community."

Cook said the town is locked in on the size of a water retention pond that will serve East Fonthill from the town-owned land. It was 1.7 hectares of 4.2 acres.

Mayor Dave Augustyn attempted to amend the motion. He suggested a section of the property intended for commercial use be open to purchase offers.

Developers have approached him with interest in making offers, he said. Such a designation of a section for sale would send a signal to a group working on the East Fonthill Secondary Plan.

has.

"I'm still reserving my decision whether to keep some or sell all."

Ward 1 Coun. Jim Lane said he felt obligated to support the recommendations but would have questions as they move forward.

Ward 2 Coun. Dave Emmons said council definitely needs more information before proceeding. He said he agree with much of what other councillors were saying.

Ward 1 Coun. Debbie Urbanowicz asked for clarification on the size of a water retention pond that will serve East Fonthill from the town-owned land. It was 1.7 hectares of 4.2 acres.

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The group of landowners

would understand the town has a direction for the use of the land and not delay their planning waiting for the town, he said.

The amendment was defeated 5-1.

After that, the three-part recommendation was accepted unanimously.

In 2005, the previous town council purchased the 32 acres for \$3.5 million. Part of it was intended as a site for a recreation complex. The rest of it would be sold off to recover the cost. Over the past five years,

Tuesday's special council meeting was called to deal with a report from town staff. Council agreed to one at a May 18 meeting after it received a report from a consulting firm, The Planning Partnership.

The firm directed a workshop of town councillors on Aug. 25, 2009 to discuss the use of the town-owned lands.

From councillors comments at the workshop, it prepared a report suggesting three options for the 32 acres. It presented it on May 18.

SEE RICE ROAD | A8

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■ **SCHOOLS:** Fun day wraps two-month study of Middle Ages

Students get medieval



WAYNE CAMPBELL Staff Photo

Grade 4 student Neil Kennedy, dressed for St. Alexander Catholic School's Medieval Day, holds a crossbow he made from a hockey stick, bungee cord and foil. It was part of his project. The two-month study of the Middle Ages included essays, art, research and the projects students made at home.



WAYNE CAMPBELL Staff Photo

Some of the Grade 4 students from teachers' Adeline Bellantino and Lorena Blouin classes dress for St. Alexander Catholic School's third annual Medieval Fair. It was the climax of two months of study of the Middle Ages, which included essays, art, such as the ships behind them, research and projects including costumes, castles and shields made at home, often with help of families.



WAYNE CAMPBELL Staff Photo

Jason DiPaola, Ayrton Ashick and Adan Longo built castles and staged a siege during St. Alexander Catholic School's Medieval Day June 17. The two-month study of the Middle Ages by the Grade 4 classes of teachers Adeline Bellantino and Lorena Blouin included essays, art, research and the projects, including these castles, students made at home.

comment

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Ken Koyama

PELHAM, ONTARIO MANAGER
Wayne Campbell, editor

perspective



Wayne Campbell
EDITOR

Stimulus at work

Over the next few months, expect delays everywhere you go. It's not all related to a \$20 billion-dollar photo-opp in Toronto.

It's more about your economic stimulation tax dollars finally getting to work as well as ongoing infrastructure projects. In Pelham, we're getting used to the inconvenience of summer road construction.

Serious work has started on the rebuilding of Hwys 2, between Welland Rd. and Carboro Rd. Crews will replace water and sewer lines, build sidewalks, tear up and upgrade the roadway, install raised crosswalks and put in a pedestrian-activated traffic signal at A.K. Wigg Public School.

The work has moved this year's Canada Day parade to Pelham St. The parade will start at Pancake Lane and go to Harold Hamilton Park by way of Welland Rd. and Hwys 2, S.

Along Pelham St. in downtown Fonthill, you're starting to see the work of revitalizing the core with the burying of power lines. New sewer and waterlines, sidewalks, road surface, lighting and fancy streetcapes will follow. That'll take a few months.

Down on Regional Rd. 20 where we saw a widening from Rice Rd. to Cataract now we will have more from Cataract to Hwy 406. And then there is the widening of Hwy 406 to East Main St. in Welland.

All this is within a few kilometers of your home. You have yet to stumble on roadwork in St. Catharines, Niagara Falls, Grimsby, Hamilton and along the QEW and 400-series highways.

A construction deadline of March 2011 triggered the big push.

Federal and provincial governments set it when they "got the money out the door" for all those "shovel ready" projects. You remember the buzzwords.

Now you will "see your money at work." But give yourself lots of time when you travel so you can enjoy the view.

letter to the editor

Volunteers, Legion, business made planting event a success

Re: Pelham Horticultural Society's annual plant, lawn and bake sale, May 22, and community plantings at the Fonthill Branch of the Royal Canadian Legion and the Fonthill Branch of the Pelham Library on May 29.

Many thanks are due to the members of the Pelham

Horticultural Society who volunteered and supported our annual plant, lawn and bake sale on May 22 as well as to those avid gardeners who made purchases.

Thanks to the generosity of the Fonthill Branch of the Royal Canadian Legion, we were able to set up and sell in their hall. Please watch for our annual sale next year at the Legion.

Also thanks to the members who planted the flower beds at the Legion and at the Fonthill

library on May 29.

The weather was perfect for planting the well-grown and beautiful plants most generously donated by Jerry Moos of Rice Road Greenhouses and Garden Centre.

He has made this an annual support for our commitment to community beautification and we are most appreciative.

Marie McMillan
President, Pelham Horticultural Society
Pelham

Benjamin Moore



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■ LIONESS FUNDRAISER



WAYNE CAMPBELL Staff Photo

The Fonthill Lioness Club served up strawberry shortcake at the Pelham Farmers Market recently. The club fundraiser sold out as it raised money for its various community projects including the Pelham Public Library, Pelham Care and Lions guide dog programs. Last year, Fonthill Lioness gave \$5,000 to local programs. From left are Lioness members Linda Roach, club president Pat Norton, Connie McComb and Suzanne Rose.

Today Belgium, tomorrow the EU

Barot de Wever, the Flemish politician who promises the "evolutionary evaporation" of Belgium, is now the political king-maker in Brussels.

The bureaucrats and politicians of the European Union, who also hang out in Brussels, will therefore have a ringside seat for the dismantling of the Belgian state.



Gwynne Dyer
AROUND THE WORLD

They should pay close attention, for their own turn may be coming.

The Wever's New Flemish Alliance won 28 percent of the vote in Dutch-speaking Flanders, the northern half of Belgium, in the national election on June 14. Elsewhere that would not be an impressive result, but in the highly fragmented Belgian political system it counts as an avalanche.

The project for an independent Flanders is no longer a pipe-dream, but the reaction elsewhere is likely to be a loud Who Cares?

So we end up with a separate Flanders and a (reluctantly) independent Wallonia. We can live with that.

However, the very thing that is destroying Belgium may also destroy the Europeans Union, or at least drive it back to a much earlier version of itself.

It is customary, when discussing what's wrong with Belgium, to recite a history lesson about how the French-speaking part, Wallonia, was one of the first industrialized areas in Europe and dominated the Belgian state for over a century.

The Flemish always resented their lower status, and after the Second World War the shoe moved to the other foot.

Wallonia's smokstack industries were dying while Flanders got all the new high-tech industry and grew rich. By the 1980s the Flemish were powerful and confident enough to demand and get an exorbitantly federal system, and in two key areas they failed.

The Walloon political leaders ceded all sorts of power to the various federal entities, but they managed to keep both taxation and social spending under the control of the central government.

see DYER | A5

■ DYER

FROM PAGE A4

So long as the Flemish politicians must negotiate with them about how money is collected and spent, the Walloons can ensure that a big chunk of federal spending is actually transfers of wealth from rich Flanders to poorer Wallonia (where unemployment is twice as high). After a few decades of subsidizing the Walloons, many of the Flemish have concluded that the problem is the central government itself, and that the solution is its abolition.

Now consider the present difficulties of the European Union: most urgently the

crisis of the euro currency, but more broadly the growing popular resistance to the further attempts to "broaden" or "deepen" the EU.

Might this be connected to the fact that the richer countries of northern Europe are getting fed up with the huge transfer of resources to southern Europe, and in particular with the way that their common currency has been undermined by the fiscal irresponsibility of the southern members? Of course it is, and it does not bode well for the future of the EU as currently constituted.

The architects of the euro half-understood that rich

countries like Germany and France and relatively poor countries like Greece and Portugal need to run their currencies in different ways. The euro as a one-size-fits-all straightjacket, was therefore a problematic currency from the start, but the elite policy-makers who wanted to "deepen" European unity were determined to have it anyway.

They tried to erase the north-south disparity by large transfers of resources from the rich to the poor countries, but that didn't really change the economic structures and political habits of the poorer, mostly Mediterranean countries - and it awakened a powerful sense of grievance among the rich. Like the Flemish in Belgium, the

northern European countries that use the euro are running out of patience.

The "European" identity that has emerged with the growth of the EU in the past half-century is not a mere fantasy, but it is not a deeply rooted, instinctive identity for most people either. The sheer foot-dragging reluctance of the German government

to finance the bail-out of Greece, even though the euro itself was at risk, is a measure of how deep the rot has gone. The euro, it turns out, was probably a step too far. Devised as a means of uniting Europe, it instead threatens to divide it fatally, and all the good that the previous, more modest version of the EU did could be lost.

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PELHAM NEWS ■ FRIDAY, JUNE 25, 2010

■ ART: Studio tour draws attention to local artists

Artists get their due

PelhamNEWS Staff

Divino Mucciante and Loretta Hicks went to grade school together and lost touch with each other after Grade 8.

The two ran into each other a while back and were reunited this past weekend for Pelham's Art Tour and Sale.

Mucciante, a fine art photographer, shared space in his Memorial Dr. home with Hicks, a water-colour artist,

Saturday and Sunday.

"I've been a professional photographer for 40 years now," Mucciante said.

Thirty-three of those years, he spent working for Brock University, taking photos for various publications put out by the university and doing all of the official portraits as well.

Mucciante has always had a passion for photography, whether it's portraits or aerial shots.

"I like shooting everything."

He also likes to take photos and make abstracts out of them. He even sold one of the abstracts on the weekend.

"I sold three photos," Mucciante said.

"We have a lot of beautiful things that people can see."

It was the first time Mucciante took part in the art tour, which took a break last year, and it was also the first time for Hicks as well. The St. Catharines resident said she ran into Mucciante when she first moved back to the area after living in Burlington.

"I'm sort of new to the community and wanted to get myself out there," she said of participating in the tour.

Hicks has been painting for the past 10 years and works with water colours.

Though she can paint other subjects, she mainly paints flowers.

"I really enjoy flowers the most. I try and get a lot of colour and movement in my paintings."

Seven studios and one restaurant in Welland and Pelham were part of the two-day tour and showcased a variety of works by local artists. Studios involved in the tour were: Zdenek Horky at 172 Parkway, Welland; Patricia Hartz with Diane Chivers and Joyce Berry at 106 Gretel Pl.; Mary Powley with Audi Johnston at 2 Kevin Dr. in Fonthill; Beverly Seneath at 1341 Elmfield St. in Ridgville; Kimberley Makkreel at 346 Canboro Rd.; Toye Champen-Hayes at 405 Canboro Rd. in Ridgville; Mucciante with Hicks at 652 Memorial Dr. in Fenwick, and Cafe on Main at 1455 Pelham St. with a guest artist in Fonthill.

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■ **HOSPITALS:** Niagara Health Coalition resolution defeated

Council won't support NHS investigation

MARYANNE FIRTH
PelhamNEWS Staff

PELHAM — Niagara Health Coalition will not find support in council chambers to further investigate the Niagara Health System and its services.

Coalition member Ron Walker spoke to Pelham council Monday night about the Ontario Health Coalition's panel investigation into rural and small hospital closures and reduced services in Ontario.

Of the 12 regions visited, the expert panel determined Niagara has the poorest access to hospital beds and emergency department care, he said. Walker said there have been "many serious complaints" regarding access and quality of health care in the region since the Hospital Improvement Plan was first implemented.

With a lack of transportation available, health care in Niagara is no longer accessible for all — a violation of the Canada Health Act, he said.

He asked that council support a resolution for the provincial government to send an investigator to look into serious com-

plaints and unresolved issues in the NHS, and to make recommendations to improve quality and access to services in Niagara.

Ward 3 Coun. Peter Papp said as someone who's witnessed the hospital system closely, he could not support Walker's resolution.

He recently watched someone close to him move through the system. She was treated "with the utmost respect" and had every available option presented to find appropriate care.

The issue is "out of our jurisdiction," he said, adding it is a provincial matter that should be dealt with as such.

Residents have the right to file a class action suit if they feel violated, he said, but "another investigation is not the answer."

"What we need is a concerted effort to tell the ministry we're underfunded."

Ward 2 Coun. Sharon Cook questioned whether Walker could name any community other than Niagara with a population of less than 450,000 people with seven active hospitals.

He responded that though the population is not considerably large, residents are spread out

across the region making access to health care difficult depending on geographic location.

Mayor Dave Augustyn said the Region has been working with the NHS on a transportation improvement plan to help increase access to hospital sites.

For all the time spent looking at the NHS, Cook said she's hasn't "see any serious recommendations or solutions" from the coalitions on how to improve health care services in Niagara.

The real ongoing issue, Cook said, is the "absence of family practitioners" in Niagara, which helps to create a backlog of people visiting emergency departments.

"People wait hours and hours likely because the issue is not serious ... and can be handled by a local practitioner," she said.

Niagara is roughly 90 practitioners short of what it needs, she said, a considerable amount with each doctor taking on an average 2,000 to 3,000 patients.

Papp called for a recorded vote, with council unanimously defeating the resolution.

nfirth@wellandtribune.ca



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■ SUMMER CONCERT SERIES



WAYNE CAMPBELL Staff Photo

Sandy Vine and The Midnighters opened the summer concert series at the FortHill Bandshell Thursday night. The 7 p.m. to 9 p.m. Thursday concerts continue until Sept. 9 with a variety of music styles. Next week Steve Strongman brings blues music to the bandshell. Canada Day will feature the big band swing sound of The Lincoln & Welland Ambassadors.

RICE ROAD

Mayor getting frustrated with time needed to move initiatives forward

FROM PAGE A2

Chief administrative officer Martin Yamich outlined staff's reaction to the options in the consultant's report.

In answer to a question from Urbanowicz, he said staff leaned toward one that would maximize land retention.

It calls for a large central community facility with rec-

reational fields and parking. It includes a commercial component along Hwy 20, a housing development and apartment complexes.

The town would keep 20 acres for recreational uses and a water retention pond for the East Fonthill housing development. It would sell the commercial and residential lands, if it chose that option.

Yamich said town staff would be open to any offers to purchase part of the lands. It would assess them and bring them to town council. Council would make the final decision.

In answer to a question from Augustyn, the CAO outlined the timing of the three issues coming back to council.

An adjustment of the

Official Plan required by the provincial government should come back from the region in October, he said and be ready to put into place.

The recreational facilities committee report will go to town staff soon to put together a business plan.

It will come back to a committee of town council in September, said Yamich. It will then go to a public

meeting. After that council will come up with a final proposal.

A secondary plan for East Fonthill, which would set up a guide for community of up to 5,000 people, will take up to nine months "without any big kinks" such as Ontario Municipal Board hearings, said Yamich.

Augustyn said it is "extremely frustrating the

length of time some of these things take."

He praised the recreational facilities committee for moving along its work.

However, he was frustrated by the planning issues imposed by the province and the procedures involved.

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The Pelham Library challenges you to broaden your reading selections through the Plotluck Summer Adult Reading Challenge. Pick up a menu from the library or visit <http://www.pelhamlibrary.on.ca/adults.php>. Five books and one short story is the goal. Many thanks to The Cafe on Main, Keith's Restaurant, and The Lazy Loon Restaurant and Ice Cream Bar for their support.

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AROUND TOWN

MONDAY, JUNE 28

Evening Garden Walk join the Pelham Horticultural Society for an Evening Garden Walk showcasing Four Gardens. For a list of Gardens and Map, meet at the library (Fonthill) at 6:30 p.m. Free for members - non members \$7. Refreshments to follow (location - see map)

Niagara Freewheelers

Bicycle Club — join us for 45 medium-paced kilometres. All welcome, no fee, starts at 6:30 p.m. at Harold Black Park, Fonthill. www.thefreewheelers.com

Wainfleet Historical Society will meet at 7:30 p.m. in the Pl Hall of the Marshville Heritage Village in Wainfleet. The speaker will be Karen Richardson whose topic is A Woman's

Work is Never Done. Everyone welcome. For more information call 905-386-6978

THURSDAY, JULY 1

Canada Day celebrations in Harold Black Park all day with parade from Pancake Lane down Pelham Street to Welland Rd. and Haist St. at 1 p.m. and fireworks.

Lincoln & Welland

Ambassadors playing big band swing sponsored by Sherbiris Retirement Villa perform at Fonthill Bandshell from 7 p.m. to 9 p.m.

TUESDAY, JULY 6

Niagara Freewheelers Bicycle Club — join us for 35 kms cycling around Pelham. All welcome, no fee, starts 6:30 PM Rockway Community Centre, Rockway.

ONGOING

A Cappella Niagara Men's Barbershop chorus invites singers for fun, fellowship and fabulous four-part harmony every Tuesday at 7:30 p.m. at St. John Ambulance, 5724 Glenholme Ave. at High St. in Niagara Falls. For info call Bob 905-892-2336.

St. Catharines

Newcomers Club invites women of all ages new to the

Niagara area to join us on the first Wednesday of the month, at the Heidelberg, 600 Lake St. St. Catharines at 7:30 p.m. Call Pat at 905-937-9889 or Gwen 905-641-9816

Around Town is a coming events service for non-profit groups in Pelham. Please make submissions by e-mail to pelhamnews@wellandtribune.ca or by fax to 905-732-3666.

■ CHARITY

Kiwanis lending a helping hand to fill bare food bank shelves

PelhamNEWS Staff

Every Sunday night, local residents tune into television and play Kiwanis bingo.

The weekly fundraiser generates thousands of dollars for local charities. On

Friday, Open Arms Mission received \$1,000 to purchase groceries and bus passes for clients.

"We are directing all our funds to community needs," said Kiwanis president Heather Horton. "The

food bank is getting low and these people don't have transportation."

Mission executive director Jerry Vanderklok was happy to receive the donation.

Since a story ran in The Tribune last month, bare

shelves we still need to continue."

"Hopefully the awareness doesn't fizzle out," Vanderklok said.

"It's still only the middle

of June and we still need to continue."

Vanderklok said he was surprised when Pelham Cares recently provided two vans filled with food to help out.

A steady stream of food has also been dropped

off at the mission's store. Redeemed Goods on Crowland St., where people can donate food on a daily basis, or donate three items on Friday for an additional 10% off their purchase that day.

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■ **FOOD:** Region develop program for young cooks

You're the Chef at A.K. Wigg

WAYNE CAMPBELL
PelhamNEWS Staff

PELHAM - It's official for 28 A.K. Wigg Public School students, they're the chefs.

The two classes of 14 in a You're the Chef program received white hats with their names during a school assembly Friday.

Mary Ann and Ken Bartcliffe, two volunteers who teach the classes, handed out the chef hats to their first students.

The program, developed by dietitians at the Niagara Region Public Health Department five years ago, teaches students how to make healthy meals and snacks in line with the Canada Food Guide.

Rather than drop a pop tart into a toaster, they can make a pizza with fruit and vegetables.

"Families are so busy they don't have time to prepare meals, so we show the children how to do it," said Ken, who teaches the 12 recipes in the program. "It includes mealless chills, for example."

"Ken is the real cook," said Mary Ann, "I handle the administrative side."

The couple took a short course with Public Health dietitians who provide the recipes and instruction tips for frying pan and blenders.

"Everything can be done with one or the other," said Ken.

This is the first time A.K. Wigg has had the program but its popularity has encouraged the Bartcliffes to continue it next term.

"The parents reaction has been great," said Mary Ann. "They ask us how did they do their children interested in vegetables."

They handed out two special awards to Kiera Mosley, who did



WAYNE CAMPBELL Staff Photo

Members of the afternoon You're the Chef class at A.K. Wigg public school in Fonthill. This is the first year of what could become an annual program.

the dishes in class without being asked, and Raj Sohi, who quickly completed a list of fruits and vegetables.

About 70 elementary schools in Niagara have run You're the Chef over the past five years. About 40 are doing it this year, said registered dietitian Sandy Maxwell.

The region provides training for leaders "who can be parents, teachers, grandparents, university student or anyone interested," she said.

Each class of Grade 5 to 8 students is about 45 minutes to an hour long. It's taught outside of regular class time during the day or after school, she said.

"It's usually two recipes per session" with an emphasis on using fruits and vegetables.

Few elementary schools have kitchens, so the program was designed with recipes for a skillet or blender, Maxwell explain.

"All you need is a power outlet," she said.

The health unit developed the program to give young people the skills and knowledge to safely prepare healthy meals such as breakfast, lunch or after school snacks when on their own.

For many families, parents aren't there when children choose what they eat.

"We don't want kids to rely on fast or prepared foods," she said. "We want them to adjust their lifestyles to healthy fruits and vegetables."

The health unit offers the program to schools. During the summer, it is available to days camps, the Boys and Girls Club, the YMCA and others who offer summer programs.

Information can be found at www.niagararegion.ca under the Health Unit section.

The next training session is on June 30 at Niagara Region Headquarters in Thorold 12:30 p.m. to 4 p.m.

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Musculoskeletal Diseases affect women's independence and quality of life.

Many experts agree there's a lot more can do to delay the onset of these diseases as well as manage symptoms. More focus is being placed on lifestyle changes such as achieving a healthy body composition, eating a nutritious balanced diet, being physically active, reducing stress levels and improving sleep.

To learn more about The Top Health Issues Affecting Women Today and strategies for prevention of Musculoskeletal Diseases, come and join me on Monday June 28th at 7:00pm at The Café on Main & Vine Bar.

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sports

■ CYCLING

Town to offer a course on safe bicycling



WAYNE CAMPBELL
PelhamNEWS Staff

To add variety to its summer camp program, the town will wheel out a new course about bicycle safety this summer.

During one week in July and one in August, it will run Kids CAN-BIKE Camp at the Pelham Arena for children ages 9 to 13.

It will stress the safe cycling, said instructor Ben Shoalts.

"We will start out in the parking lot of the arena working on turns, signaling, stability and how to check the roads around you," he said.

Participants will learn techniques of changing gears, braking, avoiding hazards and using roads and trails, he said.

"For example, when you are

on the road, you should not hug the curb but ride a meter out to avoid ruts and drainage grates as well as to be seen by drivers," Shoalts said.

Each day they will cycle from the arena to the community swimming pool in Marlene Stewart Street Park.

The courses, which run July 12 to July 16 and Aug. 9 to Aug. 13 cost \$130 pre week. Each participant must supply a working bike, helmet and proper hiking attire.

The town has received a grant to cover the cost of staff training in the CAN-BIKE program set up by the Canadian Cycling Association. It paid for cycles and equipment for town

staff instructors.

Community services coordinator Jessica Ruddell said the cycling program adds to the summer camp program.

It is also promotes physical activity to reduce obesity among young people by encouraging them to cycle to school and other places in town by using the trails and roads.

"Parents are concerned about safety," she said. "This will give the kids training to cycle safely. We have good trails and interesting roads in the area for cyclists to use."

For more information about Kids CAN-BIKE Camp see the town's website www.pelham.ca.

Meanwhile, the town's

weekly summer camp program is beginning to fill up, Ruddell said.

Programs for children ages 4 to 12 are held at the Pelham Arena over nine weeks through the summer.

First begins July 5 to July 9 and the last Aug. 30 to Sept. 3.

Each weekly camp includes a trip to Wild Waterworks, Marineland, Sherston Shores, Niagara Falls Butterfly Conservatory, Safari Niagara or Balls Falls.

It also has swimming, games, library visits, sports, crafts, and a trip to Bessie Water Park.

Registration forms are available on line www.pelham.ca or at the town hall in Fonthill.

Pelham Day Camp staff members Ben Shoalts and Laura Mannell practise for Kids CAN-BIKE Camp, a week-long camp the town will offer twice this summer. The camp for children ages 9 to 13 teaches cycling skills and safety to encourage them to cycle to school and other places safely. Camps will run Monday, July 12, to Friday, July 16, and Monday, Aug. 9, to Friday, Aug. 13.

■ SOCCER: Successful start to season

U12 Girls Panthers are on a roll

For Pelham NEWS

The Financial Planning Etc. Pelham Panthers U12 Girls soccer team has had a successful start to the season.

In league play, Pelham defeated Niagara on the Lake 7-0. Viktoria Vanzanten scored three goals, Erica Wilson two, with Hannah Williams and Hope Lamour added singles. Hollie Zwierschke earned the shutout.

Next, Pelham defeated St. Catharines 5-3. Viktoria Vanzanten fired her second hat trick, with Sarah Shpurko and Sloane McDowell scoring to provide the margin of vic-

tory. Sloane McDowell staked Pelham to an early lead; however Pelham suffered its first loss of the season, losing 3-1 to Welland.

Finally Pelham came out flying defeating Thorold 5-1. Erica Wilson scored twice with Megan Hall, Alison Sheets and Sloane McDowell also hitting the back of the net. Anika Coates and Julia Macpherson played strong games in midfield initiating many scoring opportunities.

The Financial Planning Etc. Pelham Panthers U12 Girls recently played in the Ancaster Soccer Tournament finishing second in their divi-

sion. The girls roared back from a three goal deficit to tie the London 3-3 in the opening game, Sloane McDowell fired a natural second half hat trick to rally the Panthers.

Next Pelham had victory within its grasp only to give up a late goal, tying Waterloo 2-2. Sloane McDowell and Viktoria Vanzanten netted goals in a tight battle.

In the final game Pelham defeated Thorold 3-0, Kylie Fast, Cassie Wilkinson and Erica Wilson each scored. Mackenzie Glenney, Amanda Pattison, Madeline Nease, Sarah Fuller, provided solid defense throughout the tournament.



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■ **MEMORIAL:** Bench in Peace Park for slain teen

Supporters see justice in sentencing of father and brother

WAYNE CAMPBELL
PelhamNEWS Staff

PELHAM - A guilty plea to second degree murder by the father and brother of Aqsa Parvez took center of a Pelham memorial for her by surprise.

They are, however, concerned about an emphasis put on so-called "honour killings" and the Muslim religion in the court statements and news coverage.

Court, Sharon Cook and Pelham Fire Chief Scott McLeod led a campaign to place a memorial to the slain Mississauga teenager in Pelham's Peace Park after her family left her grave unmarked.

Cook, McLeod and Mayor Dave Augustyn unveiled the stone bench last year to remember "new Canadians lost to the quest of integrating cultures."

On Wednesday, calling the motivation behind Aqsa's murder, "twisted, chilling and repugnant," Justice Bruce Dumno ordered Muhammad Parvez, 60, and his son Waqas, 29, sen-

tenced to life in prison with no eligibility for parole for 18 years.

The father and son, originally from Pakistan, pleaded guilty to second-degree murder in the Dec. 10, 2007 slaying of the rebellious 16-year-old Mississauga student, the youngest of her family's eight children.

Cook and McLeod had expected a longer trial.

"I figured they would have drawn it out," said McLeod. "I'm glad they got life." Cook foresaw months, if not years, of legal process.

She said she is disappointed with the emphasis put on honour killing and the Muslim religion.

"This is a father and brother killing their daughter and sister not something more," said Cook. "Murder is murder."

McLeod similarly said race and religion have nothing to do with. His Muslim friends shored the killing as much as anyone.

"The father was narcissistic and carried domination of



Staff photo

A memorial stone and bench for Aqsa Parvez, a 16-year-old Mississauga girl murdered by her father and brother for not following cultural traditions, is in Pelham Peace Park in Northill.

his family to the point" he persuaded his son to help him kill his daughter, he said.

Cook and McLeod each said the sentencing provides vindication for the memorial in Peace Park.

Over the months since it was unveiled they have each received e-mails thanking them for it.

"It sends out a strong message," said Cook.

It reminds us that Canada it has a culture built on the safety and respect for everyone including women, she said. They have a right to participate in the community equally including holding jobs, deciding how to dress and how to live.

Cook, who works with the

Niagara Victim Crisis Support Service, said she has seen the effects of cultural clash as families adjust to living in Canada.

"It can lead to violence and abuse," she said and suggested we may need to educate newcomers more about life in Canada before they come.

Aqsa Parvez, a Grade 11 student, wanted to wear western clothes, go to movies with her friends and get a part-time job.

She was estranged from her family but was lured back home by her brother on the way to school. She strangled in the home and her father admitted he killed her in his call to police.

In accepting the joint sentencing submission from the Crown and defence, the judge said it sent a "clear message" that such murders can never be justified.

"It is profoundly disturbing," Dumno said Wednesday, "that a 16-year-old woman facing significant challenges adjusting to living in a very different society than her parents could be murdered by her father and brother

for the purpose of saving the family pride to avoid what they perceived was the community embarrassment of being unable to control what they perceived as a rebellious young woman."

"This twisted, chilling and repugnant mind-set implies that family pride could be kept intact and even enhanced by having two grown men overpower and kill a vulnerable daughter."

Cook said using family honour as an excuse for killing amounts to the same thing as a saying you were drunk and shouldn't be held responsible.

In the sentencing of the father and son life, she said "justice was served in the way it should have been."

McLeod said the memorial bench to the teenage "reflects well on the community" for the support it has shown.

"Every now and then I go down there and put my hand on it," he said.

— With files from Michele Mandel, QMI Agency

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SPECIALS in effect Fri. June 25th to closing Wed. June 30th • OPEN SAT. 8-6, SUN. 10-5, MON., TUES., WED. 9-4, FRI. 9-9 • CLOSED CANADA DAY

FRESH CHICKEN BREASTS **1/2 PRICE** **1.99** lb.

HALVES, NO BACKS ATTACHED

Limit 3 pkg. per family

**CUT FROM ONTARIO AA AND AAA BEEF
NORWICH PACKERS CORN FED BEEF**

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IDEAL FOR BAR-BO **CUT FROM ONTARIO AA AND AAA BEEF**

SIRLOIN PATTIES **1/2 PRICE** **99¢** ea.

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BONELESS LOIN PORK CHOPS **1/2 PRICE** **2.99** lb.

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BREYERS DOUBLE CHURNED ICE CREAM 1.6-1.89 litre carton **1/2 PRICE** **3.99**

**CUT FROM ONTARIO AA AND AAA BEEF
NORWICH PACKERS CORN FED BEEF**

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COUNTRY HARVEST WHOLE GRAINS BREAD 675g loaf **2/\$4**

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OCEAN SPRAY CRANBERRY COCKTAIL 1.29 litre **3/\$10**

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NOW AVAILABLE LOCAL GROWN GREEN-TOP BEETS \$1.99 LARGE BUNCH

No. 1 Grade U.S.A. BLUEBERRIES **1.99** lb.

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■ TENNIS: Erica Pisani-Konert strikes OFSAA gold

Pelham's golden girl

BERND PRANKE
Pelham News Staff

Turns out Erica Pisani-Konert is pretty good as a solo act, too.

After teaming with Alina Kaas to capture the women's doubles championship at the Ontario Federation of Athletic Associations Tennis Championships in 2009, the 17-year-old Notre Dame student was eager to take her game to a higher level by attempting something more challenging than a return trip to the provincial finals as half of a two-time.

Oh, Pisani-Konert was interested to going back to OFSAA in her final full year in high school, only this time she wanted to try playing singles. A Pelham resident who trains out of the Niagara Academy of Tennis in Vineland, Pisani-Konert said she didn't have any previous experience when she told Notre Dame coach Steve Kirovac at the beginning of the year that she wanted to concentrate on singles.

"I wanted more of a challenge this year. I really wasn't thinking about how far I would get, I just wanted to see if I could do it."

What Pisani-Konert wound up doing is nothing short of remarkable, according to Kirovac.

"Usually, to get to OFSAA is difficult enough and to win a medal at the provincials is outstanding. But to win gold in singles a year after getting gold in doubles is unheard of."

The coach was totally supportive of Pisani-Konert's decision to try to return to the provincial finals by taking the singles route, which he called a far more difficult road to take.

"I was all for it. In order to grow as a player, it was time for Erica to go into singles. At OFSAA, and at any tournament, singles are the best players. Period."

Since tennis players by nature are playing a form of singles when they practice, either with someone on the other side of the net or by hitting the ball against the wall, Pisani-Konert didn't find the transition from doubles difficult.

"If you practise enough, it's almost instinctive. It's reflex."

Getting used to the mental and the emotional aspect of playing singles took her a little longer. She found it "totally different" than doubles, where there was always a partner to count on for encouragement "and to watch my back."

"You have to think differently as a singles player. Since you're defending the entire court, the

strategy is a lot different," Pisani-Konert said.

"You know the ball is coming and you have to prepare, because you're it."

While she will cherish her OFSAA gold in doubles and singles, the first-place finish in singles at this year's provincial championships at Royal Centre in Toronto is sure to become more memorable in time.

"It's more your accomplishment, you worked for it. It was more of a self-accomplishment with singles," Pisani-Konert answered when asked what gold glistered the brightest for her.

She went undefeated in singles at OFSAA and captured the singles crown in convincing fashion. While Kirovac was worried going into the first Centre Court that Pisani-Konert may have met her match in Jennifer Hatten from Port Perry. Any such concern was quickly set aside when Hatten fell in dominating fashion as Pisani-Konert controlled the flow on her way to an 8-1 victory.

"It was really surprising is how dominating she was in the final," the coach said of his prized player.

Since she intends to return for a fifth year at Notre Dame, where she will be picking up some additional credits as a 12B student, she won't likely be an enroute at OFSAA for the Fighting Irish's singles and doubles threat in 2011. Zone and regional qualifications are held in the fall, usually at the Welland Tennis Club, but the provincials don't take place until the following May, long after Pisani-Konert will have completed her senior season.

"It's doubtful I can back (to OFSAA). I would have to go back for an entire year."

Pisani-Konert intends to major in computer science after she graduates high school, and she is hoping to land a tennis scholarship from a college in the United States.

She agreed with the suggestion that her intended course of study complements a sport she has been playing on and off since she was three years old.

"It's very analytical. You have to pay attention," she said of tennis.

That focus includes taking an inventory of an opponent's strengths and weaknesses with the goal of analyzing and instantly coming up with a strategy to exploit those weaknesses.

"You have to force them to work on their weak side. I'll play defensive when I have to, but I prefer to play on offence, but I won't play reckless."